

LATEST UPDATE: JANUARY 28 – PRE MEET
TRAINING DATE, TIME & INSTRUCTIONS ADDED.

MAR 5 - 8, 2026

ONTARIO AGE GROUPS

speedo >

ONTARIO AGE GROUPS – 15&OVER + PARA
TORONTO PAN AM SPORT CENTRE

MEET PACKAGE

HOSTED BY WHITBY SWIMMING



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GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Whitby Swimming
- **Meet Format:** Long Course, Single Ended – Prelims & Finals
- **Location:** **Toronto Pan Am Sports Centre – 875 Morningside Ave, Toronto, ON M1C 0C7**
- **Facility:** 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** March 5 - 8, 2026
- **Meet package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).

PARTICIPANT SAFETY

Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

All participants in this event are reminded that they are bound by Swim Ontario Policies and Procedures, including but not limited, to the Swim Ontario Code of Conduct procedure. For more information regarding the Swim Ontario Policies and Procedures or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety>. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint. [Submit a Complaint](#)

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. They are not permitted on deck. There will be no spectator fee at this event. [Parking](#) rates do apply. [Food court hours](#) (note – not open until 7 AM)
- **Every club and its participants are responsible for ensuring all facility rules and requirements are followed.**

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras, cellphones in locker rooms, bathrooms, or any other dressing area. The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.

PROCEDURE

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Nicole Parent (nicole@swimontario.com) for application and authorization process.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.
- Live Streaming services provided by RecTec TV.
- Official Photographer: Jeff Vogan



ORGANIZING COMMITTEE

- Meet Manager:** Suzi Santaguida (office@whitbyswimming.ca)
- Competition Coordinator:** Steve Sachs, Level V (compcoordinator@whitbyswimming.ca)
- Para Technical Advisor:** Jeff Holmes
- Link for officials signup:** <https://form.jotform.com/SwimOntario/2026-OAG-1PASC-Sign-Up>
- Entries & Results Coordinator:** Nicole Parent – nicole@swimontario.com

MEET INQUIRIES:

All inquiries are to be directed to meetentries@swimontario.com

Meet Information Page: <https://www.swimontario.com/athletes/competitions/2026-ontario-age-groups/>

ENTRY INFORMATION**ELIGIBILITY**

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined. Athletes may only compete under the age group club or varsity team they are registered with.

- This event is restricted to Ontario based athletes (registered with Swimming Canada) aged
 - 15&Over for Olympic Program swimmers (OP swimmers)
 - Open for Paralympic Program swimmers (PARA swimmers)
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of March 5, 2026

PARA SWIMMERS

- Para-swimmers must have a current Level 2 classification with Swimming Canada
- There will be separate para-swimming finals events with WPS sanction.
- WPS Americas and World records will not be recognized at this event.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$140 + HST (\$158.20)
- **Relay Events:** \$25 + HST (\$28.25)
- Entry Fees must be paid prior to arrival or at team registration
- Payment methods:
 - **Etransfer:** etransfers@swimontario.com – indicate 2026 OAG - TPASC and Club Code
 - **Credit Card (only prior to arrival):** contact - Clubs wishing to pay by credit card should contact kirsti@swimontario.com for payment instructions. A 2.5% service fee will be applied.
 - **Cheque:** Payable to Swim Ontario
 - **Direct Deposit** permitted – more details to be provided with entry fee report
 - **NO CASH PAYMENT ACCEPTED**

ENTRY PROCESS & DEADLINE

- **Entry Deadline:** **Tuesday, February 17, 2026 – 10 PM EST**
- **Qualifying Period:** September 1, 2024 – February 15, 2026
- Qualifying Standards:
 - Olympic Program Swimmers: 2026 Ontario Age Group (OAG) Standards – [TABLE view](#)
 - PARA Swimmers: 2026 Para Ontario Age Groups Standards (unchanged from 2025) – [PDF view](#)

- All Olympic Program swimmers must achieve at least 1 (one) 2026 Ontario Age Group Standard
- All Para swimmers must achieve at least 1 (one) 2026 Para Ontario Age Groups Standards
- All entries received shall be UNCONVERTED and must be provable official time on Swim Rankings (excludes split times)
 - **LCM entry times for distance events (800/1500 Free) is advised. See seeding rules for distance events.**
- No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- **Maximum of 6 individual events** per swimmer provided they meet the qualifying times (QT).

BONUS SWIMS

- Structure
 - 1 QT = 3 Bonus swims
 - 2 QTs = 2 Bonus swims
 - 3 QTs = 1 Bonus swim
 - 4 or more QTs = 0 Bonus swim
- 400 IM and 400/800/1500 Free events are NOT ELIGIBLE AS BONUS SWIMS
- Swimmers are limited to a maximum of 1 bonus swim per day.
- Athletes must have achieved the [Provincial Consideration Time](#) to enter as a Bonus event (excludes non eligible bonus events)
- Bonus swims must be entered with provable official time on Swim Rankings (excludes split times).
- Swim Ontario reserves the right to adjust the number of bonus swims to keep sessions within reasonable timelines.

RELAY ENTRIES

- **Clubs may enter a maximum of two (2) relay teams per event.**
- Relay Only swimmers are not permitted at this event. All relay participant must be entered in at least one individual event at the OAG – TPASC event.
- All Relay Entries must have 4 declared swimmers with valid entry time using either LCM or SCM times.
- No Time Entries are not permitted.

EVENT NUMBERING

- Individual events: 1 – 99 (PARA 150IM 201/202)
- Relay events: 101 – 199

PARA ENTRIES

- **Entry Deadline:** February 17, 2026
- **Qualifying Period:** September 1, 2024 – February 15, 2026
- Para-swimmers must have a current Level 2 classification with Swimming Canada
- Swimmers may enter any eligible PARA event on the Ontario chart for which they have achieved a [Para Ontario Age Group Standard](#) in their disability class up to a **maximum of 6 events**.

- Swimmers qualifying in an Olympic Program only event in their age category may choose to swim in that event; they may not exceed the maximum of 6 events.
- Para Eligible events are listed below. Swimmers may only swim in the eligible events for their classification. For preliminaries they will be integrated with OP swimmers and have separate PARA finals.

- These are:

50 Free	S1-S14	100 Free	S1-S14
200 Free	S1-S5 & S14	400 Free	S6-S13
50 Back	S1-S5	100 Back	S1-S2 & S6-S14
50 Breast	SB1-SB3	100 Breast	SB4-SB9 & SB11-SB14
50 Fly	S1-S7	100 Fly	S8-S14
150 IM	SM2-SM4	200 IM	SM5-SM14

- PARA swimmers may compete in relays offered at this event provided the relay team members are all from the same club.
- Structure
 - 1 QT = 3 Bonus swims
 - 2 QTs = 2 Bonus swims
 - 3 QTs = 1 Bonus swim
 - 4 or more QTs = 0 Bonus swim
- Olympic Program only events are not eligible for bonus swims for para swimmers (200 Bk,Br,Fly,400 IM,800/1500Fr)
- SB9 only swimmers may enter S10/SM10 para events as EXHIBITION

SUBMISSION

- **Entries MUST** be submitted via the Swimming Canada Registration and Events System (REMS).
- **Attending domestic coaches and support staff must be listed when uploading the entries via REMS and confirmed on the [2026 Team Registration Online Form](#)**
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Pre-Scratch Entry Lists will be posted online at www.swimontario.com by **February 23, 2026**.
- All entries inquiries or request for changes to entries are to be directed to nicole@swimontario.com
- Deck entries and time trial events will not be permitted.

CONFIRMATION REPORT

- The confirmation report will list all entries for all swimmers. Rejected entries will also be listed.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any rejected entries.
 - Unofficial split times will not be accepted as proof of time
 - Meet Mobile screenshots will not be accepted as proof of time
 - Best times reports will not be accepted as proof of time
 - Any official results document or website must be in English or French or translation provided by the club.
- Any rejected entries without proof of time for qualifying events by the posting of final Entry List will be removed or be designated as a bonus event with a provable time if permissible under the bonus swim rules.
- Any rejected entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.
- Any rejected entries without proof of time for bonus events:
 - Will be removed for bonus events unless a validated time meets the Ontario Consideration Time within the qualification period.

CHANGES

- Clubs will have **48 hours after the entry deadline** to make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the **48 hours period**, clubs requesting changes and corrections to entries may be made up until the final Entry Lists are posted **at a cost of \$100 per change or correction**.
 - The per change cost is per swimmer, per event, per change; not per email sent.
 - Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the **48 hours grace period** will be accepted up until the final Entry Lists are posted at a cost of double the meet entry fee.
- **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**
- The Club Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
 - [2026 Team Registration Online Form](#)
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmers and clubs being ineligible for entry into the competition.
- Final Entry Lists will be posted online at www.swimontario.com no later than February 28, 2026
- All entries inquiries or request for changes to entries are to be directed to nicole@swimontario.com.
- Deck entries and time trial events will not be permitted at the competition.

D/DEAF AND HARD OF HEARING ACCOMMODATION:

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light: **Facility-Provided Strobe Light:** An external strobe light is available at this facility
- **Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**
- Support Staff must have active REMS registration. All support staff must be declared on the [2026 Team Registration Online Form](#)

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet.

- **Athletes must have a coach or designated coach (coach representative) in attendance during the event including pre-meet training sessions.**

TEAM REGISTRATION

- **Team Registration will be done through [2026 Team Registration Online Form](#) (complete on or before Tuesday, February 17) and in person.**
 - <https://form.jotform.com/SwimOntario/2026-prov-meets-team-registration>
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited to those required for Para, d/Deaf and Hard of hearing swimmers.
- **Onsite Team Registration in room 2060. One club representative must collect deck accreditations for their club. Accreditations will be required to access the lower deck. Team Registration times: **Begins March 4, 4:30 PM to 7:00 PM. Competition Days: TBC.****

PRE-MEET TRAINING & WARM-UP/COOL-DOWN AVAILABILITY

- Pre-Training may be available: **Wed March 4 - 5:00 – 7:30 PM – restricted to OAG-TPASC participants – space is limited. Clubs are asked to email nicole@swimonario.com with number of swimmers & time.**
- The Dive Tank will be available during the competition for cool-down.
 - During Prelims warm-up periods: the Competition pool will be designated for those that are racing in the current session. Anyone not racing is asked to use the Dive Tank during warm-up periods.
 - During Finals warm-up periods: the Dive tank is available. Warm-ups are restricted to swimmers racing in the current session.
- Warm-up periods will be split by clubs. The schedule is to be determined.

TECHNICAL BULLETIN & MEETING

- Meeting details to be determined.
- Swim Ontario will provide technical meet format details via email and through the meet information page – <https://www.swimontario.com/athletes/competitions/2026-ontario-age-groups/>

COMPETITION RULES

Swimming Canada and Swim Ontario rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

- **Warm up rules:**
 - No loitering at the end of lane
 - Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
 - Swimmers using sprint and pace lanes must be directly supervised by their coaches
 - Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.

SWIMWEAR

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Regulations. For Para-swimming events starts will be conducted as per WPS rules.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. : The Referee may disqualify a swimmer for such misconduct. The "misconduct" shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

BACKSTROKE LEDGES

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

AGE GROUPS

- A competitor's age is their age as of the first day of the competition (March 5, 2026).
- **OP Finals Individual events:** 15, 16, 17&Over
- **PARA Finals Individual events:** OPEN
- **Relay events:** OPEN (restricted to swimmers entered in at least 1 individual event at the OAG-TPASC meet)

SEEDING

- After all times have been proven, entry times will be converted to LCM using 2% conversion factor and seeded by time regardless of bonus swim designation for 400m events and lower.
- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- Swim Ontario reserves the right to limit entries and/or change events to timed final.

PRELIMINARIES

- All 400m or less preliminary heats will be seeded by time, slowest to fastest, as per Section II 3.1 with fastest 3 heats circle seeded regardless of age.
- The 150 IM will be seeded by time, slowest to fastest. No circle seeding.

If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:

Remove bonus events or B finals for 200m events

Create overflow sessions

Combine sessions

Combine heats or limit the number of heats

Move events

OLYMPIC PROGRAM FINALS

- In each finals event all female finals will swim, followed by all male finals; Youngest to Oldest (15, 16, 17&Over).
 - There is an "A" final only for 400m events.
 - For 200m or less, there is an "A" and "B" final for each age group. The "A" final will swim before the "B" final.

- Events with 22 or less entries (excluding para swimmer entries) in an age group (by the Final Entry List) will have an A final only
- Events with 15 or less swimmers after the scratch deadline will have an A final only

PARA FINALS

- Preliminaries and finals for all eligible events regardless of number of para swimmers.
- Finalists will be determined utilizing the 2025 Canadian Para Swimming Point System.
- A PARA final with 10 swimmers will be offered for para eligible event:
 - 150/200 IM – combined, fastest 10 swimmers based on para points
 - 50 Free, Back, Breast, Fly
 - 100 Free, Back, Breast, Fly
 - 200 Free, 400 Free
 - A maximum of three (3) swimmers per sport class are eligible to advance to the PARA Final.
 - Should empty lanes exist following the maximum of three (3) swimmers per sport class for Ontario based swimmers, additional swimmers will be added to fill the PARA Final according to the following:
 - based on para points
 - Should additional lanes remain in non-breaststroke events, SB9 swimmers will be added
 - The additional swimmers added will swim as exhibition in finals and not be eligible for awards.
- PARA finals will be seeded by time with combined classification.

800 AND 1500 FREE

- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- All distance events will be swum as timed finals seeded fastest to slowest by gender regardless of age.
- The fastest heat by gender will compete during the finals session regardless of age. **The distance event will swim first in finals.**
- Positive check-in is required 30 mins after the start of prelims session on the day the event is scheduled to allow meet management the opportunity to **ensure a full complement of swimmers for fastest heat in finals and possibly collapse heats.**
- Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.

RELAYS

- The fastest 10 relay teams in each event will swim in finals. All other teams will swim in prelims on the respective days.

OFFICIAL SPLITS & DECK ENTRIES

- Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event must advise the Admin Desk 30 mins prior to the commencement of the session in question on the “Official Split Request” form.

- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted 30 mins before the start of the session.
- Deck entries and time trial events will not be permitted.

SWIM OFFS

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- Coaches are to report to the Admin Desk when a swim-off is announced.

SCRATCH RULES

TIMED FINAL EVENTS

- Relays and 800 & 1500 Free
- The deadline for scratches for relays events is 30 minutes before the start of the **preliminary session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of teams for the finals session.
 - The deadline for relay name submission is 30 mins prior to the start of the session in which the relay will be swum. Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.
- The deadline for scratches for the 800 and 1500 Free is 30 mins after the start of prelims session on the day the event is scheduled to allow meet management the opportunity to **ensure a full complement of swimmers for fastest heat in finals and possibly collapse heats**.

PRELIMINARIES

There will be no scratch deadline for preliminary events.

FINALS

All Scratches for Finals from preliminary events results must be provided to the Admin Desk within 30 minutes after **the completion of the last preliminary event**.

PENALTY

Failure to participate in an individual **FINAL** or the **FASTEST HEAT** of a time final event without meet management's knowledge and consent will result in a **\$100 fine** for each offence payable to Swim Ontario.

- All fines for "No-Shows", "step-downs" and "unexcused incomplete swims" will be recorded by the Admin desk. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.

- Accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/193883873333333>
- All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

TAPING & RECORDS

- No Taping Review Committee will be in place for this competition.
- Internationally classified para swimmers shall be required to comply with WPS taping rules and regulations.
 - Coaches are to submit a request for consultation with the Para Technical Advisor at the Administrative Desk 1 hour prior to the first session where taping will be worn.
 - The consultation will take place during the warm-up period. Both the coach and athlete need to be present for the consultation.
 - Any internationally classified swimmers wearing taping that has not been cleared by the Para Technical Advisor or failure to comply with the recommendation of the Para Technical Advisor will be disqualified.
- Swim times achieved at this competition will be eligible for provincial records without consideration for taping beyond the principles of rule II.15.3.
- Swim times achieved at this competition will be eligible for national records under the following conditions:
 - Canadian Age-Group records will be eligible without consideration for taping beyond the principles of rule II.15.3.
 - Canadian Senior/Open Canadian records will be eligible provided no taping is worn. Athletes are advised to remove taping prior to any record-breaking attempt.
 - Canadian Para records will be eligible provided no taping is worn or the protective medical taping has been cleared by the Para Technical Advisor. Para swimmers are advised to follow the Para Technical Advisor recommendation to comply with World Para Swimming Rules and Regulations prior to any record-breaking attempt.
- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

SCORING AND AWARDS

EVENT SCORING

ALL EVENTS

- The top ten (10) individual per age group events and relays score
- Individual Events: 50-45-40-35-30-25-20-15-12-11
- Only times that meet the qualifying standard count towards team scoring.
- Relay Events: 100-90-80-70-60-50-40-30-24-22
- The Canadian Paralympic Point system shall be used to determine awards and scoring for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who touched first will be given that position.
- Team scores will be calculated; however, no team award will be presented.

EVENT AWARDS

- **Individual Event Medals:** first through third by gender (regardless of qualifying times) for the following age groups: 15, 16, 17&Over + PARA
- **Relay Event Medals:** first through third by relay event.
- The Canadian Paralympic Point system shall be used to determine rank & awards for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who touched first will be given that position.

FACILITY INFORMATION**TORONTO PAN AM
SPORTS CENTRE****Competition Dismissal Policy**

As outlined in the policies and procedures during competitions it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing in the event.

2.15 Patron Behaviour

- No food or drinks on deck. No gum.
- Outdoor shoes & outdoor wear (coats, jackets etc.) are not permitted on deck – all personal belongings must be left in a locker.
 - Outdoor shoes must be left on the shoe racks provided outside the Aquatics Office.
- Deck Changing is not permitted in the facility. Changerooms and on-deck washrooms are available for use to change in and out of swimsuits.
- Glass bottles or other glass objects are prohibited in the pool areas including the pool deck, change rooms and hallways.
- Socializing with or distracting pool staff, including lifeguards, is prohibited.
- No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including *abusive or profane language*, may result in being asked to leave.
- Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
- Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.
- *All minor rule infractions warrant a verbal warning along with a brief explanation of why the rule is enforced.*
- *If a swimmer repeatedly breaks rules or regulations, making it absolutely necessary for discipline purposes to send him/her home for a period of time, the Deck Supervisor must document the situation on an Incident Report Form.*
- *Should there be any instances where longer suspensions are recommended, the Deck Supervisor is to discuss details with Aquatics Management staff who shall decide the appropriate course of action.*

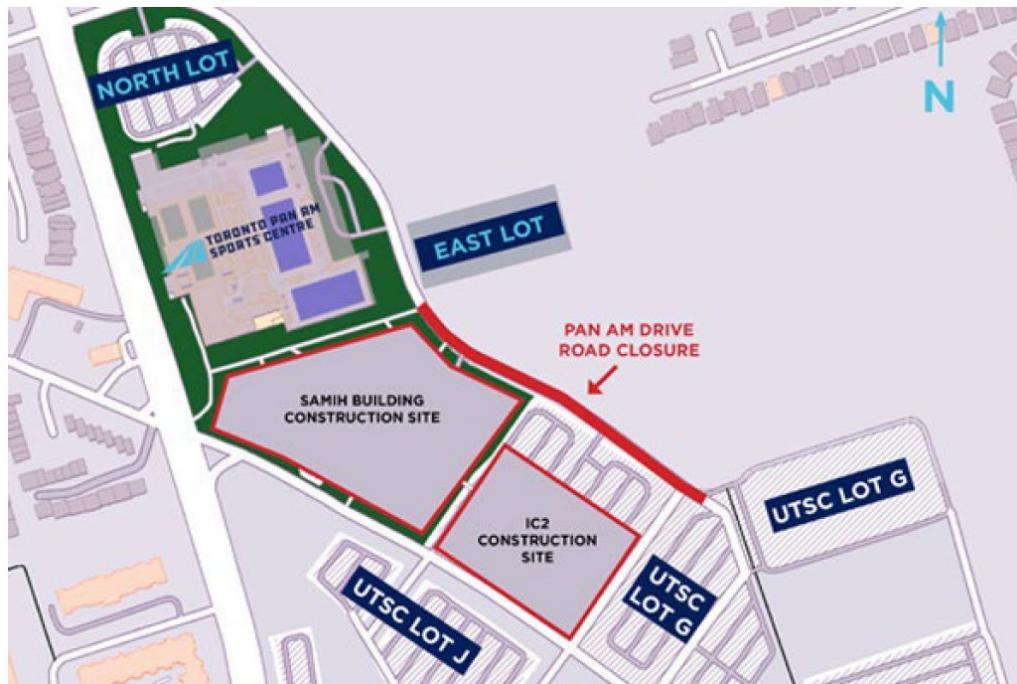
In the event that a participant is repeatedly breaking a pool rule there will be a three strike rule in the following order:

- 1) Lifeguard speaks to participant and deck supervisor is notified.
- 2) Lifeguard/deck supervisor will identify participant to coaches and have coach speak to swimmer
→ Meet Manager will be made aware of this step.
- 3) Aquatics Management and Meet Manager dismiss swimmer after being warned.

TPASC requests that all participants involved in the event are made aware of all facility policies and procedures and that the Competition Dismissal Policy is known and understood by all participants.

We appreciate your cooperation and understanding to keep our facility as safe and pristine as possible.

- No food is permitted on deck including swimmer snack foods. These must be consumed off deck. Coffee/Tea/Pop/snack food is not permitted on deck.
- **Hospitality** – Light hospitality will be available for Officials and Coaches in Leadership Room.
 - On-site take-out food available (Tim's, Pizza, Pool Sides). [Hours](#)



- **Parking** - Parking is available at the facility in designated areas. [Parking](#) rates do apply. The North and EAST lots are available for parking. The UTSC Lot H & G is also available for overflow parking. Different rates apply for these lots.
- **Lockers and Outerwear** - Lockers will be available for this event. In the changerooms and WEST hallway. Bring your own lock. No overnight locks permitted.
 - **Swimmers, Coaches and Officials must use lockers for outerwear INCLUDING outdoor shoes.**
 - Only indoor deck shoes may be worn on the deck.
 - All coats, boots, etc. must be in lockers.

OFFICIALS & VOLUNTEERS

If a registered official from an attending club is interested in officiating, please complete the following online form:

- **Officials Coordinators:** TBC
 - **Link for officials signup:** <https://form.jotform.com/SwimOntario/2026-OAG-TPASC-Sign-Up>

PROGRAM EVENT LIST

If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:

Remove bonus events or B finals for 200m events

Create overflow sessions

Combine sessions

Combine heats or limit the number of heats

Move events

Change Warm-up and Start Time schedules

OP = Olympic Program swimmers / PARA = Paralympic program swimmers

SH = Slow Heats / FH = Fast Heat

OP Finals = 15, 16,17&Over / PARA Finals = combined classification

DAY 1 – THURSDAY, MARCH 5, 2026

Preliminary Session			Final Session		
Warmup: 6:50 am (split)			Warmup: 4:00 pm – 4:55 pm		
Start: 8:30 am			Start: 5:00 pm		
W		M	W		M
201	150 IM (PARA SM1-4)	202		800 Free (FH)	10
1	200 IM (OP & PARA SM5-14)	2	201 /1	150/200 PARA IM (combined top 10 – A Final)	202 /2
3	50 Breast (OP & PARA SB1-3)	4	1	200 IM (OP A, B Final)	2
5	400 Free (OP & PARA S6-13)		3	50 Breast (PARA A Final, OP A, B Final)	4
7	50 Back (OP & PARA S1-5)	8	5	400 Free (PARA A Final, OP A Final)	
101	4 x 100 Free Relay (SH)	102	7	50 Back (PARA A Final, OP A, B Final)	8
	800 Free (SH)	10	101	4 x 100 Free Relay (FH)	102

DAY 2 – FRIDAY, MARCH 6, 2026

Preliminary Session			Final Session		
Warmup: 6:50 am (split)			Warmup: 4:00 pm – 4:55 pm		
Start: 8:30 am			Start: 5:00 pm		
W		M	W		M
11	200 Fly	12	22	1500 Free (FH)	
13	100 Free (OP & PARA S1-14)	14	11	200 Fly (OP A, B Final)	12
15	200 Back	16	13	100 Free (PARA A Final, OP A, B Final)	14
17	50 Fly (OP & PARA S1-7)	18	15	200 Back (OP A, B Final)	16
	400 IM	20	17	50 Fly (PARA A Final, OP A, B Final)	18
103	4 x 50 Medley Relay (SH)	104		400 IM (OP A Final)	20
22	1500 Free (SH)		103	4 x 50 Medley Relay (FH)	104

DAY 3 – SATURDAY, MARCH 7, 2026

Preliminary Session			Final Session		
Warmup: 6:50 am (split)			Warmup: 4:00 pm – 4:55 pm		
Start: 8:30 am			Start: 5:00 pm		
W		M	W		M
23	200 Free (OP & PARA S1-S5 & S14)	24		1500 Free (FH)	32
25	100 Breast (OP & PARA SB4-SB9 & SB11-SB14)	26	23	200 Free (PARA A Final, OP A, B Final)	24
27	400 IM		25	100 Breast (PARA A Final, OP A, B Final)	26
29	100 Back (OP & PARA S1-S2 & S6-S14)	30	27	400 IM (OP A Final)	
105	4 x 50 Free Relay (SH)	106	29	100 Back (PARA A Final, OP A, B Final)	30
	1500 Free (SH)	32	105	4 x 50 Free Relay (FH)	106

DAY 4 – SUNDAY, MARCH 8, 2026

Preliminary Session			Final Session		
Warmup: 6:50 am (split)			Warmup: 4:00 pm – 4:55 pm		
Start: 8:30 am			Start: 5:00 pm		
W		M	W		M
33	200 Breast	34	41	800 Free (FH)	
35	50 Free (OP & PARA S1-14)	36	33	200 Breast	34
	400 Free (OP & PARA S6-13)	38	35	50 Free (OP & PARA S1-14)	36
39	100 Fly (OP & PARA S8-14)	40		400 Free (OP & PARA S6-13)	38
107	4 x 100 Medley Relay (SH)	108	39	100 Fly (OP & PARA S8-14)	40
41	800 Free (SH)		107	4 x 100 Medley Relay (FH)	108